Malham FRA Fell Races

**Saturday 14th May** – first race 11am

PARKING – in the field on the right hand side as you enter Malham. £2 all day.

PLEASE NOTE – it’s a 20 MINUTE WALK TO THE START up a track (signposted all the way ). See map below.

TOILETS – in the car park and at the start.

REFRESHMENTS – Tea’s, cakes at the start/finish

**Start/Finish**

**Parking**

Entry fee : U8’s / U10’s £1

U14’s/ U16/U18 £2

Seniors £3

REGISTRATION – From 9.30am at the start

All races start and finish, GR 894633 (please see map)

Prize-giving for the juniors will be after the end of the junior races, approx. 1.30pm.

Prizes for first 3 in each age group (U8; U10; U12; U14; U16; U18, Seniors )

Races run in accordance with FRA guidelines. Min age 6 on the day.

Race age categories determined by age on 31st December 2015.

Start times : 1st race is 11am and each race is run separately. They will follow on once the runners have returned in the previous race.

Under 8s – 1km

Under 10s – 1.9km, 70m climb

Under 12s - 2.1km,110m climb

Under 14s – 2.7km, 150m climb

Under 16s – 3.8km,220m climb

Under 18s and Seniors – 5km,280m climb